

Jalapeño Cheddar Chicken (Instant Pot Recipe)

Jalapeño Cheddar Chicken is a delicious, spicy Instant Pot creamy chicken recipe. Made with jalapeños and chili powder, this recipe is mildly spicy but can be made even spicier with more jalapeños. Chicken and veggies come together with a creamy cheese sauce that can be served over rice, noodles, in burrito bowls, in tacos, or enchiladas.



4.69 from 157 votes

Prep Time

7 mins

Cook Time

30 mins

Total Time

37 mins

Course: Main Course Cuisine: American, Mexican

Keyword: 1 pot meals, instant pot recipes, pressure cooker recipes, quick dinners Servings: 8

Calories: 621kcal Author: Kristina Tipps

Equipment

- [pressure cooker](#)

Ingredients

- 2 lbs chicken tenders or breasts
- 4-6 jalapeños with or without seeds and sliced
- ½ cup onion, diced
- 4 garlic cloves minced
- 1 ½ cups [chicken broth](#)
- 1 ½ cups heavy cream
- 1 can corn
- 6 scallions chopped
- 2 teaspoon [chili powder](#)
- 1 ½ teaspoon oregano
- 1 teaspoon salt
- ½ teaspoon pepper
- ½ cup fresh cilantro torn
- 4 cups cheddar cheese shredded
- 6 tablespoon butter divided
- 3 tablespoon flour

Instructions

Instant Pot Method

1. Turn the Instant Pot to saute on high for 6 minutes. Melt 3 tablespoons of butter in the pot. Add chicken tenders and brown on each side for 2 minutes. Add jalapeños, onions, and garlic, toss with the chicken, and saute for the remaining 2 minutes.

2. Add the broth to the pot and deglaze, scraping any stuck pieces of food from the bottom. Add corn, scallions, heavy cream, chili powder, oregano, salt and pepper. **Do not stir.**
3. Seal the lid and set to pressure cook on high for 6 minutes. Let naturally release for 10 minutes, then quickly release the remaining pressure. Remove the chicken and set aside while completing the next 3 steps.
4. Remove the inner pot to a heat-proof surface and let cool for 2 minutes. When cooled, add the cheese 1 cup at a time, stirring between additions to melt the cheese ***The sauce will be watery at this stage.**
5. Melt the remaining 3 tablespoons of butter in the microwave. Whisk the flour into the butter to form a thick paste.
6. Put the inner pot back into the pressure cooker and set to saute on high for 6 minutes. Add the butter/flour paste to the pot and whisk until incorporated, about 1 minute. Stir the sauce occasionally while it simmers for the remaining 5 minutes, gently scraping the bottom to remove any cheese that may have stuck. **You'll feel the sauce begin to thicken as it simmers.**
7. Turn off the Instant Pot and add the chicken back to the pot along with the cilantro. Let rest for 5-10 minutes if desired to thicken the sauce further. There will be extra sauce for serving over rice, noodles, or to use as a dip for tortilla chips.

Slow Cooker Method

1. Add all ingredients to the slow cooker except for cilantro, shredded cheese, butter and flour. Set to low for 8 hours or high for 4 hours. With 1 hour remaining open the lid and stir. Add in cheddar cheese.
2. Melt 3 tablespoons of butter (this is less butter than in the ingredient list) in the microwave. Whisk the flour into the butter to form a thick paste. Put into the slow cooker and stir into the sauce. Close the lid and let cook for the remaining hour. Serve topped with cilantro, extra jalapeno and cheddar cheese.

Notes

Store in the fridge for up to 7 days in a covered container. For freezer storage, store chicken and sauce separately in freezer bags. Lay flat for easy storage and use within 2 months.

This recipe creates extra sauce to use over rice or noodles and to use as a dip for tortilla chips.

Nutrition

Serving: 6oz | Calories: 621kcal | Carbohydrates: 18g | Protein: 42g | Fat: 43g | Saturated Fat: 26g | Trans Fat: 1g | Cholesterol: 204mg | Sodium: 999mg | Potassium: 719mg | Fiber: 2g | Sugar: 3g | Vitamin A: 1822IU | Vitamin C: 17mg | Calcium: 463mg | Iron: 2mg